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ACTOR CHRISTIAN BALE DESCRIBES HOW HE DEALT WITH BAT-SUIT CLAUSTROPHOBIA PAGE 11

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Saskatchewan Roughriders defensive end Brent Hawkins celebrates after recovering a fumble against the Eskimos.
LIAM RICHARDS/THE CANADIAN PRESS

Riders ready to spike Lions

CFL action. Emotions running high during preparations for the team's biggest test so far this season

JEFF MACKEY
jeff.mackey@metronews.ca

At Thursday's Riders practice the only thing hotter than Taylor Field were the tempers of the players practising on it.

Saturday's game against the B.C. Lions will be the biggest test yet for the undefeated Riders and the players are intent on a victory over the 2011 Grey Cup Champions.

"We go out there and take care of business and let the league know that the Roughriders are for real this year," said Riders running back Kory Sheets. "Everybody is taking this week real serious."

The tension at the practice was palpable and even boiled over when fists were thrown between Chris Patrick and a defensive lineman. The scrum was quickly broken up.

"It was one of those things where you want those guys to play aggressive and like I said they are out there on that field and I think they are about tired of practising against each other," said head coach Corey Chamblin.

At one point in the practice Chamblin stopped the workout to give the team a talking to. "No matter how hot it gets, no matter how hard it gets you have to know you are still a part of the Green and White, nothing should ever turn you against your brother," said Chamblin.

The Riders are expecting an emotionally charged game on Saturday, as the B.C. Lions are going to be bringing a solid dose of intensity to Mosaic Stadium.

"B.C. are going to throw a punch here and there and they are going to talk, so we have to keep our composure," said Riders quarterback Darian Durant. "We can't afford to lose anyone due to anything dumb."

MORE CFL COVERAGE ON PAGE 14

Twitter

Rider Nation is maintaining a fierce presence on Twitter in advance of Saturday's Riders and Lions match-up.

@mcouros:
Anybody find it odd that the Canadian Horseshoe Championships are playing in a covered stadium, but the #Riders don't? Only in SK

@AMalica:
@CFL I'm in Australia...is there any way I can watch rider games online? I need to see them beat the lions and be 1st place! #Riders

@saskryan:
@_KMachin @wwoodsglobal Chris Patrick getting heated? Why am I not shocked. Hope he keeps it on the practice field this time! #Riders

@Estey12
Less than 48hrs till the #Riders beat down the Lions. Get your tickets if you don't have them. Go Riders! #firstplace #cfl

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American retailer

Target opening in Saskatchewan next summer

The American retail chain Target has confirmed where, and now when, it will be opening its doors in Canada. Two stores in Saskatoon and one in Regina are slated for summer 2013.

"Construction has already begun on our first set of stores and we are excited to see ... the Target brand come to life in Canada," said Tony Fisher, president of Target Canada. Target plans on opening 125 stores throughout 2013, with more added by 2014. METRO

Conduct questioned

Suspension for lawyer stayed pending appeal

The suspension of a Regina lawyer who has filed many high-profile class-action lawsuits, including one on residential schools, is on hold. The Law Society of Saskatchewan says Tony Merchant's three-month suspension for conduct unbecoming a lawyer has been stayed because he is appealing the decision.

A hearing found Merchant guilty for his actions in a case dating back to 2003. THE CANADIAN PRESS

Booster shot

Province injects more cash into children's hospital

The Saskatchewan government is giving a new children's hospital a $15.5-million booster shot.

The cash brings the province's share in the Children's Hospital of Saskatchewan to $215.5 million, which includes $200 million already earmarked for the project in 2009. THE CANADIAN PRESS

Eberle's Regina Pats jersey to be retired

'Speechless'. Former Pats MVP shocked at the surprise honour

CARRIE-MAY SIGGINS
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The Regina Pats announced Wednesday that they will be retiring former team member Jordan Eberle's No. 7 jersey on Oct. 9, when the Pats host the Portland Winterhawks at the Regina Brandt Centre.

The announcement came during Wednesday night's Centre Ice Celebration in advance of the first Eberle and Friends Golf Classic, a tournament in support of the Hospitals of Regina Foundation.

"I was shocked," said Eberle of the honour at a media event for the tournament. "Usually when you get your jersey retired, it's later on, maybe after your career. But to do it at an event like this, it was amazing." Eberle is now playing for the Edmonton Oilers, selected in the first round of the 2008 NHL draft.

"I knew nothing until I got on stage and they started talking about it. They asked me to say something, but I was speechless."

When asked about his family's reaction, Eberle said that his mother became "pretty emotional."

"They're just as much a part of this as I am. They're the people who drove me to the rink every day. They're the reason why I'm here today."

Regina Pats president Brent Parker said that the honour is about more than Eberle's abilities on the ice.

"For me it was the class with which he conducted himself off the ice and in our community that truly makes him one of the best Pats of all time," said Parker. "Jordan epitomizes what we want our players to be and what we want our organization to be about."

Jordan Eberle and Devan Dubnyk share a laugh at a media event for the Eberle and Friends Golf Classic. The Regina Pats announced Wednesday that they will be retiring Eberle's jersey on Oct. 9. CARRIE-MAY SIGGINS/METRO

For more local news visit metronews.ca

Jordan Eberle facts

- Selected 22nd overall by the Edmonton Oilers at the 2008 NHL Entry Draft.
- Regina Pats leading scorer: '07-'08, '08-'09, '09-'10.
- Member of Canada's World Junior Championship Team: 2009 (Gold), 2010 (Silver)
- World Junior Championship All-Star Team, Best Forward and MVP, 2010.
- Tied for Canada's second all-time leading scorer at the World Junior Championship.
- NHL All-Star, 2012.

1 NEWS

On the web

What's a wake without a Starbucks brew

Would a premium cup of Starbucks coffee be a great deal of comfort after a funeral? Go to metronews.ca to find out why one funeral home in the U.S. seems to think so.

Mobile news

Dogs are judged on the way they mount, their speed, stamina and dismount — so says the announcer at The Humpy Awards. Does this sound like a real award celebrating the natural behaviour of pooches or something else? Scan the code to find out more.

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Battle of the drivers

Town designates 'men only' parking

Triberg, a town in southwest Germany, has drawn accusations of sexism after designating two particularly tricky parking spaces "men only." The mayor says women would find it difficult to park there. THE ASSOCIATED PRESS

Misunderstanding?

Poster will remain despite criticism

A poster showing a baby with a Hitler moustache is staying up at Montreal's Just For Laughs Festival. The image had drawn the ire of B'nai Brith, with the group saying it conjured up disturbing memories. THE CANADIAN PRESS

A poster advertising the show in Montreal. THE CANADIAN PRESS

Quebec student protest

Organizers to visit Ontario campuses

Quebec organizers responsible for the longest and largest student strike in Canadian history are taking their message to Ontario university campuses. The nine-day solidarity tour kicks off Thursday night in Ottawa. THE CANADIAN PRESS

Sinclair inquiry

Social workers' request denied

Dozens of Manitoba social workers who dealt with a young girl who died of abuse and neglect will not be anonymous when they testify at a public inquiry into her death, the inquiry commissioner decided Thursday. THE CANADIAN PRESS

Court ruling

B.C. drivers won't be compensated

Thousands of British Columbia drivers caught by drunk driving laws that a judge later declared unconstitutional won't be compensated for their financial losses, the B.C. Supreme Court has ruled. THE CANADIAN PRESS

Slow removal makes for interesting backdrop

Tourists relax on rocks in front of the Costa Concordia wreckage on the Giglio Island, Italy, on Thursday. Work has begun to remove the tons of rocky reef embedded into the cruise ship's hull, a first step in plans to eventually tow the wreck away from the island, where it ran aground last January. In a broadcast interview Tuesday, Concordia's captain Francesco Schettino described the collision as a "banal accident" in which "destiny" played a role. GREGORIO BORGIA/THE ASSOCIATED PRESS

Penn State officials showed 'disregard' for victims: Report

Sandusky scandal. Says further abuse could have been prevented had coach, staff acted after 1998 incident

Ex-Penn State coach Joe Paterno. THE ASSOCIATED PRESS

Joe Paterno and other top Penn State officials hushed up child sex abuse allegations against Jerry Sandusky more than a decade ago for fear of bad publicity, allowing the former assistant football coach to prey on other youngsters, according to a scathing report issued Thursday on the scandal.

"Our most saddening and sobering finding is the total disregard for the safety and welfare of Sandusky's child victims by the most senior leaders at Penn State," said former FBI Director Louis Freeh, who was hired to look into one of sports' biggest scandals.

The firm's 267-page report, following an eight-month probe, stated that sexual abuse might have been prevented if school officials had banned Sandusky from bringing children onto campus after a 1998 inquiry. THE ASSOCIATED PRESS

Nigeria. Truck explosion kills at least 95 people

A truck carrying fuel veered off the road into a ditch, caught fire and exploded in Nigeria's oil-rich delta on Thursday, killing at least 95 people who had rushed to the scene to scoop fuel that had spilled, an official said, in a tragic reminder of how little of the country's oil wealth has trickled down to the poor.

At least 50 others were injured in the incident in the southern Niger Delta region, said Rivers State spokeswoman Ibim Semenitari.

Witnesses said some charred corpses were still lying in the area hours after the explosion, including bodies the size of children. "What did these small ones know about coming to scoop fuel?" wondered Alagoa Morris, coordinator at advocacy group Oil Watch Nigeria.

He said some women wailed at the scene of the explosion, desperately looking for their relatives. The location of some of the bodies suggested that they were trying to run away when fire consumed them, Morris added.

The fuel truck was trying to avoid a head-on collision with buses when it swerved into the ditch Thursday morning, said police spokesman Ben Ugwuegbulam. It then overturned, leaving its fuel to spill, and people immediately swarmed to the scene. THE ASSOCIATED PRESS

Missing prosperity

- Despite decades as an oil producing region, the majority of those living in the Niger Delta remain desperately poor.
- Anger has driven young people to attack foreign oil firms based there, and steal fuel.
- The OPEC member now pumps out about 2.4 million barrels of oil a day, making it Africa's biggest producer.

TD. Iranian community angered by bank bans

Iranian Canadians who've had their bank accounts with one of Canada's biggest banks closed, often without notice, say they feel they're being treated as second-class citizens in their own country.

Members of the community say TD Canada Trust began notifying a number of Iranian-Canadian clients in May that it would no longer provide them with banking services.

Some of the letters sent out earlier this month indicated the bank was closing the accounts in order to comply with Ottawa's economic sanctions against the Iranian regime.

"I've been a Canadian citizen for 10 years and this is the first time I'm feeling that I've been treated differently than a Canadian citizen," says Pooya Sadeghi, who moved to Toronto from Iran 14 years ago.

Sadeghi says the TD account he shared with his wife and her parents was closed two days before he received a letter from the bank on May 2.

"There was no explanation in our letter about why TD was closing the account," he said.

In the past few weeks he found out that many other Iranian Canadians had had their accounts closed in similar circumstances, and that the letters sent to them mentioned Canada's economic sanctions.

Many Western countries, including Canada, have imposed tough sanctions aimed at cracking down on Iran's nuclear program. Tehran says it is developing nuclear power for peaceful purposes, but the international community believes it wants to build a nuclear weapon. THE CANADIAN PRESS

Sounding off

"No Canadians should be subject to this. A discrimination and charter challenge should be in place."

A comment posted on TD's Facebook page

French Alps. Avalanche kills 9 mountain climbers

They set out before dawn, hoping to conquer a mountaineering classic: Mont Blanc, Western Europe's highest peak. But below the prized summit, a climber is believed to have accidentally caused a slab of ice to snap off, triggering an avalanche Thursday that swept nine climbers to their deaths and injured a dozen others.

As the sheet of snow and ice thundered down the steep slope, several other climbers managed to turn away from the slide in time, regional authorities in Haute-Savoie said.

Two climbers were rescued as emergency crews using dogs and helicopters scoured the churned-up, high-altitude area in a frantic search for the missing. Three Britons, three Germans, two Spaniards and one Swiss climber were among the dead.

Early summer storms left behind heavy snow that combined with high winds to form dangerous overhanging conditions on some of the popular climbing routes around Mont Blanc. Regional authorities had warned climbers to be careful because of an unusually snowy spring. THE ASSOCIATED PRESS

Gendarmes use blankets to hide victims of an avalanche. THE ASSOCIATED PRESS

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Syria. Ambassador joins string of notable defectors

A string of high-profile defections from the Syrian regime has stirred hopes in the West that President Bashar Assad's inner circle will start abandoning him in greater numbers, hastening his downfall.

But the tightly protected regime has largely held together over the course of the 16-month-old uprising, driven by a mixture of fear and loyalty.

The latest official to flee, the Syrian ambassador to Iraq, Nawaf Fares, announced that he was joining the revolution, asserting Thursday that only force will drive Assad from power. He is the most senior diplomat to abandon Assad.

"There is no road map ever with Bashar Assad, because any plan, any statement that is agreed on internationally he delays on and ignores," Fares told the Al-Jazeera satellite channel.

"There is no way that he can be pushed from power without force, and the Syrian people realize this."

Syria's Foreign Ministry denounced Fares, saying he should face "legal and disciplinary accountability."

In Washington, State Department spokesman Patrick Ventrell hailed what he called the "first major diplomatic defection," adding: "We think this is a wider sign that the regime is feeling the pressure. The pressure is up and the regime is really starting to fall apart."

Fares is the second prominent Syrian to break with the regime in less than a week. Brig. Gen. Manaf Tlass, an Assad confidant and son of a former defence minister, defected last week, but has not spoken publicly. THE ASSOCIATED PRESS

Syrian ambassador Nawaf Fares
THE ASSOCIATED PRESS FILE

Quoted

"We think this is a wider sign that the regime is feeling the pressure."

U.S. State Department spokesman Patrick Ventrell

Nuke tension. U.S. slaps new sanctions on Iran

The Obama administration on Thursday hit Iran with more sanctions designed to hinder the country's nuclear and ballistic missile programs.

The Treasury Department announced new financial sanctions against 11 companies affiliated with the Iranian defence ministry, Revolutionary Guard Corps and national shipping line as well as a university, all for actions they took to support the programs. Several of the firms are already subject to U.S. and European sanctions.

Treasury also slapped penalties on four men, including an Austrian national and three Iranians, for similar activity.

"Iran today is under intense, multilateral sanctions pressure, and we will continue to ratchet up the pressure so long as Iran refuses to address the international community's well-founded concerns about its nuclear program," said David Cohen, Treasury's undersecretary for terrorism and financial Intelligence. "Today's actions are our next step on that path, taking direct aim at disrupting Iran's nuclear and ballistic missile programs as well as its deceptive efforts to use front companies to sell and move its oil." THE ASSOCIATED PRESS

Assets frozen

- The sanctions freeze any assets that the firms and individuals may have in U.S. jurisdictions and bar Americans from doing business with them.

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Flood protection in Haiti to cost homes

A man shouts while holding a corner of a Haitian national flag during a march protesting a plan to demolish homes in Port-au-Prince, Haiti, Thursday. The government recently announced that it will raze hundreds of homes to build a flood-protection project in the ravine that looms over the capital and relocate the residents northeast of the city. DIEU NALIO CHERY/THE ASSOCIATED PRESS

Taliban take their revenge on police

Pakistan. Gunmen kill nine, injure eight in retaliation for torture of Taliban fighters

Taliban gunmen opened fire on a compound housing policemen in eastern Pakistan on Thursday, killing nine of them, officials said.

The police who were targeted in the city of Lahore were training to become prison guards, said Habibur Rehman, the chief of police in Punjab province, where Lahore is the capital.

Pakistani Taliban spokesman Ahsanullah Ahsan claimed responsibility for the attack, saying it was revenge for the police torture of their fighters in prison. He spoke to The Associated Press by telephone from an undisclosed location.

The police who were attacked were recruited from northwest Khyber Pakhtunkhwa province, a one-time base for the Taliban, and were brought to Lahore for training, said Rehman.

Eight policemen also suffered bullet wounds, said Salman Saddiq, a government official.

One of the wounded, Shafqat Imran, said that eight to 10 attackers, their faces hidden behind hoods, stormed into the compound and started shooting randomly.

They shouted "God is great," then shot the policemen one by one, said Imran, speaking from a hospital bed.

The Pakistani military launched a massive offensive against the Taliban in Khyber Pakhtunkhwa's Swat Valley in 2009, and many militants were captured and imprisoned.

Police said they suspect the gunmen who attacked the housing compound were the same ones who killed seven soldiers and a policeman at an army camp Monday about 160 kilometres northwest of Lahore. The Pakistani Taliban claimed responsibility for that attack as well.

The Pakistani Taliban have waged a blood insurgency against the government over the past few years, demanding it break ties with the United States and establish Islamic law throughout the country.

The militants have killed thousands of soldiers, police and civilians in attacks. THE ASSOCIATED PRESS

Afghans ready for peace: U.S. ambassador

Moderate Taliban figures have expressed interest in the fragile peace process, the outgoing U.S. ambassador to Afghanistan said Thursday, referring to a deal that appears even more elusive with this summer's rash of suicide attacks and bombings.

Ryan Crocker, who is retiring a year earlier than expected, also said he thinks it's unlikely that the departure of most foreign troops by 2014 will plunge the country into another civil war or prompt a precipitous economic slide.

"I tend to consider those unlikely scenarios," Crocker said in an interview at the U.S. Embassy in Kabul.

Crocker said the international community has pledged support for Afghanistan post-2014. And he said minority ethnic political leaders seem more interested in positioning themselves in the next Afghan administration than bracing for a civil war like the one that led to the rise of the Taliban after the Soviet exit in 1989.

"Politics is breaking out all over," he said of the uptick in political activity ahead of the Afghan presidential election in 2014. "You don't see many signs of the people saying 'Well, it's time to start digging the trenches again.'"

Afghanistan has a history of conflict between warring ethnic factions. Members of all the groups are part of the Afghan security forces, but some fear without the presence of international troops, the nation and its police force and army could split along ethnic lines, prompting another civil war.

The ambassador acknowledged that northern Afghanistan has a lot of militias, but said he didn't think they threatened national unity.

"I think their primary interest has been criminal activity, rather than preparing for the next civil war, which I really don't see coming," he said. THE ASSOCIATED PRESS

Main ethnic factions

- **Pashtuns.** Predominant within the Taliban, they are the majority ethnic group and have strongholds in the south
- **Hazaras, Uzbeks, Tajiks.** Minority factions more firmly rooted in the north

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Laid-off auto workers struggle to pay debt, bills: CAW study

Three-year report.
Many having to rely on temporary work or delay retirement, CAW survey of laid-off members finds

A new report on the CAW's three-year study of laid-off auto workers finds that more than half of them have had to seek financial help from family and friends in order to pay the bills.

The second round of findings from the union's Worker Adjustment Tracking Study found that 55 per cent of laid-off workers surveyed from March 2011 to February 2012 have relied on financial support from family and friends.

The report also found that reliance on temporary employment agency work has increased over the study period, with about 30 per cent of all workers reporting temporary employment.

Many older workers surveyed said they had delayed retirement as a result of their layoff.

The study, sponsored by the Canadian Auto Workers union, tracks the impact of being out of work among 260 laid-off auto industry workers as part of a three-year project and follows on initial findings from 2009.

The CAW, which has members at the Canadian operations of General Motors, Ford, Chrysler and many smaller automotive manufacturers provided an advance copy of the report ahead of its official release Thursday.

About 40 per cent of those studied said they had difficulty paying off their debts.

"Many workers, including those currently employed report a financial debt legacy associated with their layoffs that continues," the report finds.

Nearly one-third of those surveyed said uncertainty over their employment situation often interfered with their family or personal lives.

The study also finds that two-thirds of workers had enrolled in a retraining program and about 90 per cent completed their programs.

The project focused on job market experiences of laid off manufacturing workers in Ontario.

Over the past 10 years, Canada has lost over 500,000 manufacturing jobs, including nearly 300,000 across Ontario.

THE CANADIAN PRESS

By the numbers

500,000

Over the past 10 years, Canada has lost over 500,000 manufacturing jobs, including nearly 300,000 across Ontario.

Protesters lay it on the line

Protesters of Occupy Boise block a pathway in Sun Valley Village during Allen & Company's Sun Valley Conference last July in Sun Valley, Idaho. Since 1983, the investment firm Allen & Company has annually hosted the media and technology conference which is usually attended by powerful media executives, many of whom began arriving in Sun Valley on Thursday for this year's event.

KEVORK DJANSEZIAN/GETTY IMAGES

Passwords leaked

Yahoo confirms security breach

Some 450,000 Yahoo users' email addresses and passwords have been leaked because of a security breach, the company confirmed Thursday, adding that just a small fraction of the stolen passwords were valid.

Yahoo said it is fixing the vulnerability that led to the disclosure, changing the passwords of affected Yahoo users, and notifying other companies whose users' accounts may have been compromised.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.17¢ US (+0.12¢)

TSX 11,425.47 (-119.17)

OIL $86.08 US (+27¢)

GOLD $1,565.30 US (-$10.40)

Natural gas: $2.874 US (+2.1¢)
Dow Jones: 12,573.27 (-31.26)

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Report. Banks face earnings pressure

Canada's biggest banks are taking a closer look at ways to reduce their expenses this summer as they prepare for slower earnings growth, according to a new report from Barclays.

Analyst John Aiken, who released a broad overview of the country's banking industry on Thursday, said that cost controls are near the top of the list for the industry as it grapples with tighter revenues.

The banks will look at ways to make their technical operations more efficient to save time and money, but if that doesn't create enough savings, jobs could be in jeopardy, he suggested.

However, Aiken said that some banks are looking at routes such as changing variable compensation structures to defer some payments, rather than simply the more immediate relief of cutting jobs.

Quoted

"If this environment continues, you may need to see some more dramatic cost-cutting measures put in place."
Barclays analyst John Aiken

Bank of Montreal chief executive Bill Downe highlighted the bank's continuing plans to lower costs across its operations as part of a long-term review that examines all of its businesses.

National Bank and Royal Bank were also vocal about their cost-management plans.

The report said that TD Bank is likely to spend more attention on compensation plans that discourage risk-taking. THE CANADIAN PRESS

CIBC: New jobs high-quality

A new look at Canada's labour market reveals the first six months of 2012 has seen a big improvement in the quality of jobs that have been created.

It is already known that Canada's economy churned out 155,000 new jobs in the first half of this year, more than economists had expected, the CIBC says in its latest report on employment quality.

But the bigger surprise is that most of those jobs have been of the full-time and high-paying variety.

The report cautions job quality is expected to fall back in the second half of this year. THE CANADIAN PRESS

SUN IS SHINING, THIS SPECIES IS SWEET

THE LIST
Mike Benhaim
Metro

1 **The Blacker the Berry...:** RIM CEO Thorsten Heins announced that the BlackBerry 10 launch will be delayed until the first quarter of 2013. Surely, this is a shrewd ploy to lure iPhone and Android producers into a false sense of success during peak purchasing season, before unleashing their messianic unicorn upon an economically depressed public just teeming with buyer's remorse. That'll show 'em.

2 **1,000 words:** There is nothing funny about the wildfires that ravaged the western U.S., but pictures of the disaster captured by astronauts have given the International Space Station the distinction of "most expensive camera" in the universe.

3 **Reverse psychology:** U.S. Republican presidential candidate Mitt Romney was booed at the NAACP annual conference, and responded by saying, "If I don't stand for what they want, go vote for someone else." Nice strategy. I wonder if that could become his new campaign slogan.

4 **Katie's cruisin':** Kudos to the recently divorced Holmes and Tom Cruise for achieving a settlement that was quicker and more mature than a Kim Kardashian marriage.

5 **Career legacy:** After eight Oscar nominations, four Golden Globes, a BAFTA and an Emmy, 80-year-old, Royal Academy-trained Peter O'Toole, announced his retirement from showbiz this week. His statement triggered an immediate outcry on Twitter saying, "OMG. That's the dude that played the voice of Anton in Ratatouille."

6 **Behind the mask:** Rock star Marilyn Manson responded to a rumour that he was dating Avril Lavigne by saying, "F-that, she's Canadian," demonstrating once again the fine line between musical genius and complete ignoramus.

7 **Is this love?:** Among Caribbean coral reefs, there exists a small species of 'gnathiids' that will now be known as Gnathia marleyi. Paul Sikkel, marine biologist at Arkansas State University says he named them after Bob Marley because they are "a natural wonder and as uniquely Caribbean." I am sure that Bob's family cannot fathom a greater honour than to have his name attached to a parasitic crustacean blood feeder that infests fish.

8 **Spaced out:** Astronomers using NASA's Hubble Space Telescope discovered a fifth moon orbiting Pluto. I have absolutely no idea what this means.

9 **Muppet music:** Can you tell me how to get to Sesame Street? Well, it seems that all you need is a massive hit like Canadian sensation Carly Rae Jepsen's Call Me Maybe. A snack-inspired version entitled Share It Maybe, performed by the legendary Cookie Monster has received thousands of YouTube hits this week, solidifying the 45-year-old muppet's place in the annals of popular music. Eat your heart out, Marilyn Manson.

10 **Calling all students:** If you're not backpacking through Europe, make up an excuse for whatever lame internship you've taken, and hop on a flight to Jamaica in the next few days. It's Reggae Sumfest with R. Kelly, Lady Saw, Damian Marley, Trey Songz, and more. You're young. You may not remember it, but you won't regret it. Irie.

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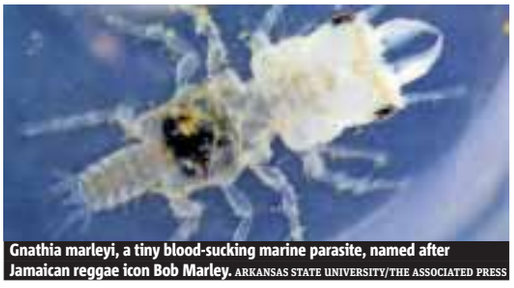


Gnathia marleyi, a tiny blood-sucking marine parasite, named after Jamaican reggae icon Bob Marley. ARKANSAS STATE UNIVERSITY/THE ASSOCIATED PRESS

Alabama dogs play it cool

DAVE MARTIN/THE ASSOCIATED PRESS PHOTOS

Unleashed in the U.S.

Dog days of summer have just begun

An unidentified Great Dane inspects one of the many fountains at the new Alabama Dream Dog Park in Alabaster, Ala., Thursday.

The $500,000 US renovation creates a dog park with many unique features that include: custom-designed water splash pads to keep dogs cool during hot Alabama summers; a fetch football field with fire hydrant goal posts; a hill that dogs and owners can climb together to enjoy the view; a doggie wash station; and an adventure path with tunnels and agility hoops, among others.

The concept for the park came from former Shelby Humane Society executive director Jenny Wilson, who won the Beneful dream dog park contest.

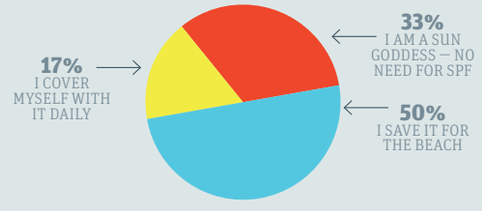
"It's so much more than I could have ever imagined," Wilson told local media after taking her dogs Honey Belle and Baxter, through the park. THE ASSOCIATED PRESS

A dog runs through the fountains at the new Alabama Dream Dog Park. The park is complete with tables and water fountains — some tall enough for humans and some low enough for dogs.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How seriously do you take sun protection?



Twitter

@paul1234la: Things I learned in university: How to parallel park my car in 20 seconds flat. Thanks, Kramer Blvd.

@Chris_Bodas: Downtown #YQR food trucks are beyond delicious!

@Saskryan: I'll be skipping the @ReginaFoodTruck scene today for the Legion's Thursday BBQ on Cornwall in the block north of the Plaza! #yqr

@Feztickle75: There's this awesome smoking haze in the sky that reminds me of images I've seen of big city heat waves in the 1960s #yqr Smells sweet, too.

@VianneTimmon: This Commander-in-Chic is done holding a straight face while saying, "the trades are important too".

metro

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2

SCENE

Scene in brief

Shaq is back — on TV

Cable channel truTV is putting Shaquille O'Neal on its team with a new series. The channel said Wednesday that it's ordered 10 episodes of Upload with Shaquille O'Neal, the working title for a series with the basketball star. Actors and comics Gary Owen and Godfrey will join O'Neal on the show. The trio, along with a weekly guest, will share funny videos they find online and create their own, truTV said. Pranks and pop culture parodies also will be part of the mix. In a statement, O'Neal promised Upload will "deliver big laughs." A debut date for the series was not announced.

THE ASSOCIATED PRESS

On the web

DreamWorks plans to bring Shrek, Kung Fu Panda to theme park at stalled New Jersey mall

Ice Age: Continental Drift suffers from a lazy script. HANDOUT

Critique

Children weigh in…

Forget what the crabby adults have to say, Ice Age: Continental Drift is aimed squarely at the kids. My sons — junior film critics Jack,5, and Elliot, 3, — joined Richard and I at a recent screening and had plenty to say about the experience. "I liked the 3D," said Jack, who usually tosses his glasses out of frustration mid-way through the film. As for little Elliot, at one point during Ice Age's relentless slapstick shtick, he laughed, shook his head, turned to me and in a voice loud enough that the entire theatre could hear him said "Dad, this is REALLY stupid!" Out of the mouths of babes….

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Ice Age pleases kids, freezes out adults

Tired and trite. Latest installment of this family franchise has the reviewers counting the years till these characters are extinct

Richard: Chris, I loved the Simpsons short that plays before Ice Age. It's a funny, gently paced thriller for kids with jokes that parents and film geeks will love. In fact, I wanted more of that and less of Ice Age. The main feature is nicely animated but is saddled with a story so by-the-book it feels like it would have been old hat even in the ice age. That's my take. You, however, had two of the world's youngest film critics with you. What did they think?

Chris: Indeed, I brought my sons Jack, 5, and Elliot,3, with me and as you'll read in the sidebar, they were more impressed than I. Now, I'd watch a movie about lawn darts if it was in 3D, so my eyeballs were pleased by all the razzle dazzle. But other than that … Ice Age left me kinda numb. And here's my biggest problem with the picture and all of the Ice Age films … Manny the Mammoth.... you can't see his mouth. He has NO expressions. The dullest animated hero in recent memory.

RC: Manny's not aided by a lazy script that feels like it was run through the Cliché-O-Matic. The theme — family and friends mean everything — has been done before and better. Couple that with jokes that come out of nowhere and feel tacked on, and you're left with a movie that is as lifeless as Manny's expression.

CA: Absolutely. It also doesn't help that dead-eyed Manny is voiced by Ray Romano, whose velvet tones remind me of a post-pubescent Kermit the Frog. The rest of the cast phones it in too (maybe literally!), obviously due in part to that sleepy script you've mentioned. The only one that registers is Game of Thrones' Peter Dinklage, who is monstrous and scuzzy as the pirate monkey Caption Gutt.

RC: Agreed. Dinklage is horrifying and scuzzy, in a good way. Also horrifying: they still have 20,000 years of history and sequel potential to go.

CA: Until they end up in space, right? But our gripes won't stop the kids from dragging their parents to it this weekend.

Synopsis

The movie begins the saber-toothed squirrel Scrat's efforts to protect his only possession — his prized acorn — lead to the great Continental Drift. As the earth shifts, woolly mammoth Manny (Ray Romano), Sid the sloth (John Leguizamo) and Diego the smilodon (Dennis Leary) get separated from their families. Their journey to reunite with their kin puts them directly into the path of ape pirate Captain Gutt (Peter Dinklage). Chris Alexander sits in for Mark Breslin.

- Richard:
- Chris:

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Christian Bale needs a moment alone

The Dark Knight Rises. Actor dishes about how he overcame his claustrophobia in the name of fighting crime and saving Gotham

NED EHRBAR
Metro World News in Hollywood

For Christian Bale, who's played Batman three times now for Christopher Nolan, creating a role that redefined both the legendary character and the British actor, the last time he put on the bat suit was a lot like the first time — and in each instance he needed a bit of alone time.

"The first time I ever put on the actual one myself I thought, 'Oh, Chris has to (re-do) the cast.' Because the claustrophobia was just unbelievable," Bale remembers.

"I stood there and I thought, 'I can't breathe, I can't think, this is too tight, this is squeezing my head, I'm gonna panic, I'm about to have a nervous breakdown, a panic attack right this second.' So I said, 'Can everyone just leave me alone for 20 minutes?'"

The break did the trick, as Bale estimates he's spent 21 months of his life under Batman's cowl — with some improvements over the years, like giving Bale the ability to take it off whenever he needed. And when the final day of shooting in the suit arrived — a scene that paired Bale with Anne Hathaway's Catwoman on a New York City rooftop — Bale found himself feeling a similar need for privacy, though for a different reason.

"I was wrapped, and I just went down and sat in a room and I realized, 'This is it. I'm not gonna be taking this cowl off again,'" Bale says.

"So again, I said, 'Can you please leave me alone for 20 minutes?' and sat with that moment. It was a very important moment for me. It's been a very important character, and the movies themselves have changed my life and changed my career. So I wanted to just appreciate that."

Speaking of time, Bale couldn't really tell you how long anything took to film in the massive superhero flick because he intentionally wasn't paying attention — in order to save his sanity. "You know, there's such long schedules on these movies. I don't like to think about time, otherwise I get depressed," he says.

"So I just sort of do it as though it's like one day at a time for me. Because if you look and go, 'Oh, only 124 days left,' it gets tricky to get up at four in the morning."

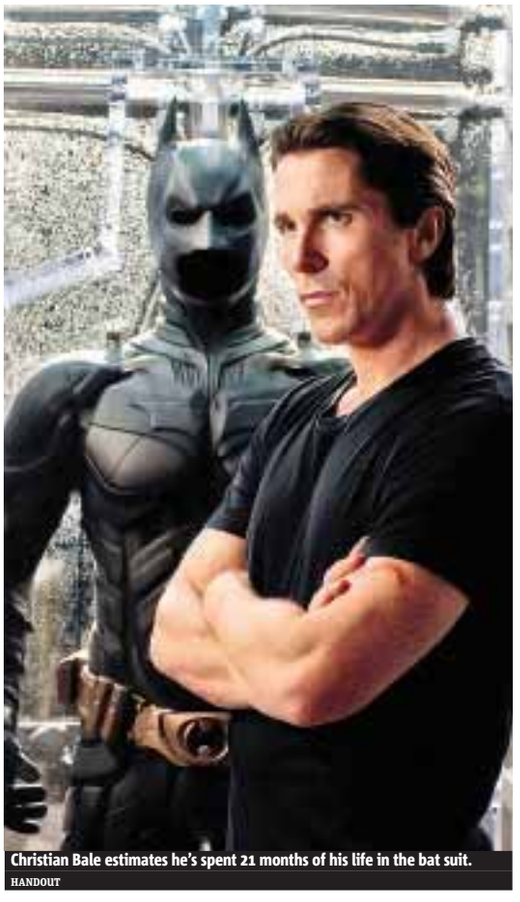
Quoted

"I stood there and I thought, 'I can't breathe, I can't think, this is too tight, this is squeezing my head, I'm about to have a nervous breakdown..."

Christian Bale on donning the bat suit for the first time

On the web

Who was the best Batman ever, and what villains are worthy of our fear – or scorn? Metro delved deep into the cavernous world of the caped crusader to mark the release of The Dark Knight Rises, in theatres next week. Scan this code or visit metronews.ca/features/the-dark-knight-rises.



Christian Bale estimates he's spent 21 months of his life in the bat suit.
HANDOUT

Comedy

To Rome with Love

Director. Woody Allen

Stars. Woody Allen, Penelope Cruz, Alec Baldwin

To Rome with Love is well-meaning, but feels like something Woody Allen would have written 40 years ago. It's an episodic screwball comedy with loads of characters, identity mix-ups and the comic's trademarked highbrow references — will today's audience get a Howard Roark joke? It has the same kind of farcical feel and references of his earlier work — look for older men paired with younger women, anxiety and discussions on foreign film — but written decades ago it might have been funnier.

RICHARD CROUSE

Comedy

Hysteria

Director. Tanya Wexler

Stars. Maggie Gyllenhaal, Hugh Dancy, Jonathan Pryce

Set in nineteenth century London, Hysteria is a rom com about Mortimer Granville (Hugh Dancy), a young handsome doctor whose hand cramps led directly to the invention of the vibrator. As social commentary it's lightweight, and a movie about the invention of the tool that revolutionized sexuality should focus on that and not the predictable rom com love triangle. I expected more than a comedy of manners with an off-colour edge from the story. As such, this is a rental, not a night out.

RICHARD CROUSE

THESE PAGES COVER MOVIE START TIMES FROM FRI., JULY 13 TO THURS., JULY 19. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall 3025 Gordon Rd., 306-585-7442

The Amazing Spider-Man (PG) No Passes Fri-Sun 12:15-3:20-6:30-9:45 No Passes Mon-Thu 2:20-5:35-9
The Amazing Spider-Man 3D (PG) No Passes Fri-Sun 12:45-3:50-7-10:15 No Passes Mon-Thu 3:30-7-10:15
The Best Exotic Marigold Hotel (G) Fri-Sun 12:30-6:40 Mon-Thu 6:30
Brave (G) Fri-Sun 12-2:25-4:50-7:15-9:40 Mon-Tue 2:30-5:05-7:30-10 Wed 2:30-5-7:30-10 Thu 2:30-5:05-7:30-10
Ice Age: Continental Drift (STC) No Passes Fri-Sun 12:25 No Passes Mon-Thu 2:50
Ice Age: Continental Drift 3D (STC) No Passes Fri-Sun 2:50-5:15-7:40-10:05 No Passes Mon-Thu 5:15-7:40-10:05
Madagascar 3: Europe's Most Wanted (G) Fri-Sun 12:10-2:40-5:05-7:25-9:55 Mon-Wed 2:40-5-7:20-9:40 Thu 2:40-4:55-7:20-9:40
Marvel's the Avengers (PG) Fri-Sun 12:20-6:35-9:50 Mon-Wed 6:20-9:30 Thu 6:25-9:30
Men in Black 3 (PG) Fri-Sun 3:40-9:30 Mon-Wed 3:55-9:25 Thu 3:55-9:20
People Like Us (PG) Fri-Sun 3:30 Mon-Thu 3:20
Snow White and the Huntsman (PG) Fri-Sun 1:25-4:20-7:20-10:10 Mon-Thu 4-6:55-9:45
Ted (14A) Fri-Sun 12-2:35-5:10-7:45-10:25 Mon-Thu 2:15-4:50-7:25-10:10
To Rome With Love (PG) Fri-Sun 1:30-4:15-7:10-10:20 Mon-Wed 3:45-7:10-9:50 Thu 3:45-7:10-10:20 Star & Strollers Screening Wed 1

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit 26, 306-522-9098

The African Queen (G) Wed 7
The Amazing Spider-Man (PG) No Passes Fri-Tue 12:25-3:40-6:50-10 No Passes Wed 12:25-3:40-10 No Passes Thu 12:25-3:40-6:50-10
The Amazing Spider-Man 3D (PG) No Passes Fri-Sun 1-4:10-7:20-10:30 No Passes Mon 1-4:10-7:20-10:25 No Passes Tue 1-4:10-7:20-10:30 No Passes Wed-Thu 1-4:10-7:20-10:25
Big (STC) Sat 11
Brave (G) Fri-Sun 12:15 Mon 12:20 Tue 12:15 Wed-Thu 12:20
Brave 3D (G) Fri-Sun 2:45-5:30-7:55-10:25 Mon 2:45-5:05-7:30-9:55 Tue 2:45-5:30-7:55-10:25 Wed-Thu 2:45-5:05-7:30-9:55
The Dark Knight Marathon (STC) No Passes Thu 6:40
The Dark Knight Rises (PG) No Passes Thu 12:01
Ice Age: Continental Drift (STC) No Passes Fri-Sun 12-2:25-4:50-7:15-9:40 No Passes Mon 2:25-4:50-7:15-9:40 No Passes Tue 12-2:25-4:50-7:15-9:40 No Passes Wed 2:10-4:35-7:15-9:40 No Passes Thu 2:25-4:50-7:15-9:40
Ice Age: Continental Drift 3D (STC) No Passes Fri-Thu 12:30-2:55-5:20-7:45-10:10
Katy Perry: Part of Me 3D (G) Fri-Sun 12:40-3:05-5:25-7:50-10:15 Mon 2:20-4:45-7:10-9:35 Tue 12:40-3:05-5:25-7:50-10:15 Wed-Thu 2:20-4:45-7:10-9:35
Madagascar 3: Europe's Most Wanted (G) Fri-Sat 12:10-2:35-5:05-7:35-10:05 Sun 12:10-2:35-10:05 Mon 12:25-2:50-5:15-7:40-10:05 Tue 12:10-2:35-5:05-7:35-10:05 Wed 12:25-2:50-5:15-7:40-10:05 Thu 12:25-2:50
Magic Mike (14A) Fri-Sun 12:05-2:40-5:15-8-10:40 Mon 2:30-5:10-7:55-10:30 Tue 12:05-2:40-5:15-8-10:40 Wed 2:30-5:10-7:55-10:30 Thu 1:25-4-6:40-9:15
Savages (18A) Fri-Sun 1:30-4:30-7:30-10:35 Mon 1:30-4:25-7:25-10:20 Tue 1:30-4:30-7:30-10:35 Wed-Thu 1:30-4:25-7:25-10:20
Ted (14A) Fri-Sun 12:20-3-5:35-8:10-10:45 Mon 2:35-5:30-8-10:30 Tue 12:20-3-5:35-8:10-10:45 Wed-Thu 2:35-5:30-8-10:30
WWE Money In The Bank 2012 (STC) Sun 6

Kramer IMAX Theatre 2903 Powerhouse Dr., 306-522-4629

The Dark Knight Rises (PG) Thu 12
To the Arctic 3D (G) Fri 1-2:15-4:45-7:15 Sat-Sun 2:15-4:45-7:15 Mon 2:15-4:45 Tue 1-3:30-4:45-7:15 Wed 1-2:15-4:45-7:15 Thu 2:15-4:45-7:15
Tornado Alley 3D (STC) Fri 3:30-6 Sat-Sun 1-3:30-6 Mon 1-3:30 Tue 2:15-6 Wed 3:30-6 Thu 1-3:30-6

Paradise Cinema
1011 N. Devonshire Dr., 306-522-7888
Men in Black 3 (PG) Fri-Thu 3:50-9:20
Moonrise Kingdom (PG) Fri-Thu 1:30-4-7-9:30
Snow White and the Huntsman (PG) Fri-Thu 1:10-6:50

Golden Mile 3806 Albert St., 306-359-5250

The Best Exotic Marigold Hotel (G) Fri-Thu 1-4-7-9:45
Chernobyl Diaries (14A) Fri-Thu 4:35-10
Dark Shadows (PG) Fri-Thu 1:35-7:35
The Dictator (14A) Fri-Thu 7:40-10:05
Dr. Seuss' the Lorax (G) Fri-Thu 2-4:30
The Hunger Games (PG) Fri-Thu 12:45-3:50-7:45
Men in Black 3 (PG) Fri-Thu 1:20-4:05-7:05-9:40
Snow White and the Huntsman (PG) Fri-Wed 1:10-4:10-6:50-9:35 Thu 4:10-6:50-9:35
That's My Boy (14A) Fri-Thu 1:15-4:15-7:15-9:50
What to Expect When You're Expecting (PG) Fri-Thu 1:30-4:20-7:20-9:55

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

More stripping may be in the cards for Channing

Channing Tatum isn't surprised his semi-autobiographical male stripper movie, Magic Mike, is a success — and he's already got a sequel planned.

"We're working on the concept now," he tells the U.K. edition of Glamour magazine. "We want to flip the script and make it bigger."

Meanwhile, Tatum is more than happy to throw his hat into the ring when it comes to who should star in the film adaptation of the steamy hit novel Fifty Shades of Grey — under the condition that he co-star with real-life wife Jenna Dewan. "I'd only be allowed if my wife was Ana. She's read the books so I don't think she'd be impressed if she couldn't be Ana," he tells the magazine.

Katie Holmes and Tom Cruise

It's all about saving face, says attorney

Tom Cruise apparently knew Katie Holmes would win their divorce battle, which is why the pair reached a settlement so quickly, divorce attorney Debra Opri insists to Hollyscoop.

"Katie's main concern was getting sole custody of Suri, and Tom wanted to protect his public image and keep the divorce out of the media as much as possible," Opri says.

"In most celebrity divorces, image is the upmost concern because that is how they make their (income). In the end, they all want the same thing: to save their public image."

Trouble on set for Bullock's movie

Sandra Bullock's new cop film, The Heat, is seeing its share of action this week while filming in Boston.

First, a bus collided with a truck from the production, resulting in injuries for 15 people, according to Yahoo's Movie Talk.

And the next day, a fight broke out one block from where the film is shooting, resulting in a fatal stabbing in which one man was killed and two men were injured.

The Word

More trouble in the Moore household?

MONICA WEYMOUTH
scene@metronews.ca

After her split from Ashton Kutcher and subsequent rehab trip, Demi Moore has been spotted out and about looking pretty great — or at least alive enough. But it seems not all is well with her family just yet.

"There's a wedge between Demi and her girls," a source tells Us Weekly of her daughters, Rumer, Scout and Tallulah.

According to the source, Demi didn't speak to them at Tallulah's high school graduation last month.

"Demi is beside herself over the situation," a family friend tells RadarOnline.com. "She hasn't spoken to Scout, Rumer or Tallulah for weeks now, they won't return any of her calls, emails or texts."

Rich people, take note: If your teenagers don't need your car for the weekend, it's quite possible that you will never hear from them again.

Andrew Garfield. ALL PHOTOS GETTY IMAGES

Spider Man vs. Edward Cullen

Andrew Garfield might be young and British with hair you want to shove your face in, but don't compare the Amazing Spider-Man star to Robert Pattinson.

"The truth is, Andrew can't stand Rob. He hates that they're put in the same category because they're both English and around the same age," a source tells Us Weekly.

"Andrew considers himself a 'serious actor' and sees Rob as the equivalent of a cheesy boy-bander because of Twilight."

Spider-Man vs. Edward Cullen: Why do we have a feeling this ends in a snuggle pile of fangs?

A princess for the Queen?

Queen Latifah is looking to start a family via adoption, she revealed on a visit to The View this week.

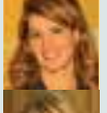
"I'm actually kind of working on that," the actress/rapper said when asked by Barbara Walters if she'd ever consider adopting a child.

"I think I saw one of those specials — you know, those movies of the week. And it was like, I just always wanted to bring a child home."

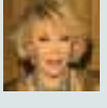
Twitter

@NathanFillion
Man. I'm getting pretty riled up about Comicon. I know not everyone can make it, but who's going?

@SethGreen
Heading to #Comicon for the weekend. Fair warning, I'll be tweeting a LOT. But it'll be #SDCC stuff so maybe you'll want it.



@NiaVardalos
In the air, loving #GoGoINflight so I can get my emails answered.



@Joan_Rivers
Tom Cruise's divorce settlement is a lot like John Travolta's last massage — both of them cost a fortune for a happy ending.

Liquid Assets

Polish vodka shows its sweet side

LIQUID ASSETS
Peter Rockwell
@therealwineguy
peterrockwell@eastlink.ca

I like ice cream as much as the next guy, but I never thought there would ever be a reason to want to make my own — until I read Ice Cream Happy Hour ($16.95, Ulysses Press) by Valerie Lum and Jenise Addison.

Though you'll need an ice cream maker to create these ladies' boozy treats from scratch, their simple, spirit-laden recipes are amazingly easy to create and open the door to dozens of cocktail-inspired desserts that scream summer.

If that all sounds too much like a Food Network series gone wrong, you can cheat your way to spiked frozen treats through a gazillion Internet recipes that mix pre-made ice cream with every imaginable combination of liqueurs and hard liquor.

Vodka is the foundation of many a creamy creation and one with a bit of guts adds to the glory of any icy, adult-oriented endeavor.

The Poles know their way around a neutral spirit and, apparently, so does actor Bruce Willis. Mr. Die Hard is a part owner of Sobieski ($22.62 - $27.98), Poland's top ranked, rye-based vodka that combined a muscular expression of flavour with a well-rounded, grainy personality.

Did I hear the ice cream truck?

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

This recipe makes 12 sandwiches. MATTHEW MEAD/ THE ASSOCIATED PRESS

A whole new way to scream for ice cream

Summertime Ice Cream Sandwiches.
Add a bit more pizzazz to your fave frozen treats with cookies and sweet toppings

1. Heat the oven to 350 F. Line 2 baking sheets with parchment paper or lightly coat with cooking spray.

2. Place 1/4 cup of the sugar in a shallow dish or pie pan. In a large bowl, use an electric mixer to beat together the remaining 1 cup of sugar, the butter, vanilla, almond extract and rum until light and fluffy. Add the egg, scraping down the sides of the bowl and mixing until well incorporated. Stir in the flour, salt and baking powder.

3. Scoop the dough by the tablespoonful and form into balls. One at a time, place each ball of dough in the sugar in the shallow dish. Roll around until all sides are coated. Arrange the sugared balls of dough on the prepared baking sheet, leaving 2 inches between them to allow for spreading. Bake for 12 to 15 minutes, or until the edges are just beginning to brown. Allow to cool on the baking sheet.

4. While the cookies cool, remove the sherbet or sorbet and ice cream from the freezer. One at a time, microwave for 10 to 15 seconds, or just long enough to soften. In a large bowl, combine the two flavours and use a rubber spatula to swirl them together. Do not overmix or completely blend them.

5. Overturn 1 cookie and place about 1 tablespoon of the ice cream mixture on it. Top with a second cookie and gently squeeze together. Return to the freezer until firm. If not serving right away, wrap tightly in plastic wrap and store in the freezer. THE ASSOCIATED PRESS

Ingredients

- 1 1/4 cups sugar, divided
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1 tsp vanilla extract
- 1/2 tsp almond extract
- 2 tbsp spiced rum or brandy
- 1 egg
- 2 cups all-purpose flour
- 1/4 tsp salt
- 1/2 tsp baking powder
- 3/4 cup orange sherbet, raspberry sorbet or other fruity frozen dessert
- 3/4 cup vanilla ice cream

Only for serious sundae and chocolate lovers

This recipe makes one serving. THE CANADIAN PRESS H/O

Whether homemade or store-bought, chocolate brownies are a favourite of many children and adults. Adding vanilla or mint ice cream will make a sundae that is sure to please everyone.

This is a fun dessert to make for family gatherings or for kids' parties.

The recipe serves one but to make more sundaes, simply multiply the ingredients by the number of servings that are needed.

1. Place bottom half of brownie on a dessert plate. Top with 1/2 scoop of the ice cream.

2. Top with remaining brownie half. Place remaining ice cream on top and drizzle with candy-shell chocolate topping. When topping is firm, drizzle with sundae syrup.

3. Garnish plate and dessert with toasted coconut and sprinkles, if using.

SMUCKER'S FOODS OF CANADA/ THE CANADIAN PRESS/ ADAPTED BY EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)

Ingredients

- 1 brownie (5 by 7.5 cm/2 by 3 inches), split horizontally
- 1 scoop (125 ml/1/2 cup) vanilla or mint ice cream, softened, divided
- 15 ml (1 tbsp) candy-shell chocolate topping
- 30 ml (2 tbsp) chocolate sundae syrup
- 15 ml (1 tbsp) toasted coconut (optional)
- Sprinkles (optional)

3 LIFE

Celebrate

A day just for frozen goodness

If you're looking for more of a reason to enjoy everyone's favourite summer treat, consider that this Sunday is National Ice Cream Day. Invented in 1984 by American president Ronald Reagan (who actually declared all of July National Ice Cream Month and the third Sunday in July National Ice Cream Day), the festivities have spread to Canada. Reagan recognized the popularity of ice cream in the United States (90 per cent of the nation's population consumes ice cream) and stated that these two events should be observed with "appropriate ceremonies and activities." Meanwhile, according to data from the NPD Group, Canadians ate more than 121 million servings of ice cream at quick-service restaurants in 2011.
THE CANADIAN PRESS

On the Web

Kids love ice cream even more with these tips for a frozen treat bar

4 SPORTS

Tennis

Raonic exits early from tune-up tourney

Canadian Milos Raonic was ousted from the Hall of Fame Tennis Championships on Thursday, losing 6-3, 6-3 to Germany's Benjamin Becker in the second round. Becker was able to beat third-seeded Raonic at his own game, firing seven aces to Raonic's five. Raonic, from Thornhill, was using the tournament as a tune-up for the London Olympics. THE ASSOCIATED PRESS

Mobile sports

After signing Ray Allen and Rashard Lewis this week, Pat Riley has significantly improved the chances of his Miami Heat to repeat as champions. "Pat done it again," said Heat superstar LeBron James of Riley's ability to lure stars to South Beach at discount prices. Scan the code for the story.

Alouettes run over Stampeders with late surge

Montreal Alouettes running back Brandon Whitaker is tackled by Calgary Stampeders' Torrey Davis on Thursday in Montreal. The Alouettes scored 20 fourth-quarter points to eke out a 33-32 win. PAUL CHIASSON/THE CANADIAN PRESS

Simon Whitfield to bear Canadian flag

Olympics. Triathlete also carried flag for Canada at closing ceremony in Sidney

Some consider it a jinx, others too much of a distraction, but Simon Whitfield says being Canada's flag-bearer will be his secret weapon.

The 37-year-old triathlete will lead the Canadian team into the opening ceremonies at the London Olympics later this month.

Whitfield won a gold medal for Canada at the 2000 Sydney Games where triathlon made its Olympic debut, and then captured a silver at the 2008 Beijing Games.

Triathlete, and new flag-bearer, Simon Whitfield waves the Canadian flag at a ceremony Thursday on Parliament Hill. FRED CHARTRAND/THE CANADIAN PRESS

And the native of Kingston, Ont., suggested Thursday after being introduced as flag-bearer that the honour of carrying the Maple Leaf will help him reach the podium once again.

"It's a good luck charm," he said after accepting the flag during a ceremony on Parliament Hill. "Look at the guys, the people who have carried it — it's so last century that it's a jinx."

Canada's flag-bearer for the 2010 Winter Olympics was Clara Hughes, who went on to win a bronze medal in speedskating.

At the 2008 Beijing Games, kayaker Adam van Koeverden won a silver medal in the 500 metres after carrying the flag, though he also finished a disappointing eighth in the 1,000.

Diver Alexandre Despatie had also been considered a contender to be named flag-bearer for London but said recently he would decline the offer. While it's a great honour, he said, it's also a "great distraction." THE CANADIAN PRESS

Week 3 primer

CFL EXTRA POINTS
Dan Toth
regina@metronews.ca

Chamblin a force on the sideline

The 2-0 Roughies host the undefeated B.C. Lions on Saturday. An upset win and a 3-0 record would certainly be impressive following a terrible 2011, and would likely trigger early lobbying for Corey Chamblin as coach of the year.

Road to recovery?

Four road games is no way to start the season, but this week the Bombers face the Edmonton Eskimos. The Esks managed just one point last week in Regina and should inspire the Winnipeg defence to rediscover its swagger.

No one buying Benevides' bluff

Mike Benevides, coach of the Lions, is calling the Riders the CFL's best team prior to the battle of 2-0 squads on Saturday in Regina. Nice try, but the Grey Cup champs are clearly the best until someone knocks them off.

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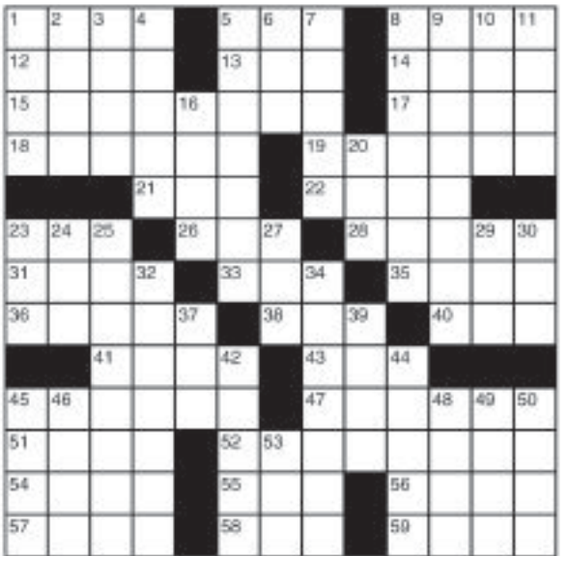
Across
1 Guttural utterance
5 Cudgel
8 Chore
12 Pop
13 Mess up
14 Wreck
15 People in the house
17 "Survivor" setting, often
18 Antidepressant brand
19 Barely perceptible
21 Biblical verb suffix
22 Boot attachment
23 Eggs
26 Neptune's realm
28 Uses a teaspoon
31 Vendetta
33 Try the sherry
35 Apiece
36 Of the unborn
38 "— Doubtfire"
40 Aye undoer
41 Mined-over matter
43 Resistance unit
45 Box-office buy
47 Popular search engine
51 Farm fraction
52 Farewell
54 Equine coloration
55 Lingerie buy
56 Mid-month date
57 Army members
58 Scrooge portrayer Alastair
59 Being, to Brutus

Down
1 PDQ
2 Session with a shrink
3 Taro tuber
4 Corn
5 Pews
6 Shuttlecock's path
7 Lock of hair
8 Purpose of an ode
9 Viennese, e.g.
10 Ledge
11 Wounded —
16 Comestibles
20 High times
23 Vacationing
24 Churchill gesture
25 Ruler with unlimited power
27 Intention
29 Nipper's co.
30 Bashful
32 Loses light
34 Telecast
37 Acting teacher Strasberg
39 Pump, for one
42 Impales
44 Flick
45 "GWTW" plantation
46 Clickable figure
48 Pantheon members
49 "True —"
50 Gaelic
53 Swiss canton



1		2		6	8			9
	7		9					3
	9		1				7	
8							1	
		6	4		9	7		
	4							5
	5				1		2	
3					5		9	
2			3	4		8		

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

2	3	4	9	5	1	8	6	7
8	6	9	7	3	4	2	5	1
7	1	5	8	6	2	9	4	3
6	2	3	1	8	5	7	9	4
9	8	7	6	4	3	1	2	5
4	5	1	2	9	7	6	3	8
5	9	6	4	7	6	3	1	2
3	7	2	5	1	9	4	8	6
1	4	8	3	2	8	5	7	9

Yesterday's Crossword

Cryptoquip

How to play
This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

ME KJS'BW RWWNMTX VJ YJZLVW KJSB YJTX-YJRV ELVGWB, EMBRV VBK ZGWZNMTX VGW ZYLRRMEMWO OLOR.

Yesterday's Cryptoquip: WHEN A CARPENTER VISITS A LOCAL TAVERN, I SUPPOSE HE SHOULD ORDER A SCREWDRIVER.

Today's Cryptoquip Clue: K equals Y

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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Horoscope

Aries | March 21 - April 20. Disputes of one kind or another are likely today and if you clash with someone in a position of power, you will come off second best.

Taurus | April 21 - May 21. As Uranus, planet of the unexpected, begins its retrograde phase, you cannot afford to take anything you see or hear at face value.

Gemini | May 22 - June 20. Good news will come your way over the next 24 hours, but can you trust it? It's possible that there is a hidden catch of some kind, or something you must do in return.

Cancer | June 21 - July 22. Don't take anything for granted or take unnecessary risks. On the work front, especially, you cannot trust colleagues and employers to be totally honest with you. Watch your back.

Leo | July 23 - Aug. 22. You'll get the chance to do something a little bit different today, something in which you would not normally be interested. Don't spend more money on it than you can afford.

Virgo | Aug. 23 - Sept. 22. The planets warn that an idea you have for improving your lot in life could actually make things worse than before. What happens this weekend will remind you of that.

Libra | Sept. 23 - Oct. 22. If you put your ego needs above everything else today, you will create resentment among partners and colleagues. Get ahead, but it must not be at other people's expense.

Scorpio | Oct. 23 - Nov. 21. You may believe that all things are possible but what happens over the next 24 hours will remind you that not everything comes easy.

Sagittarius | Nov. 22 - Dec. 21. A week or so from now, the Sun will move into one of the most positive areas of your chart. When it does, your confidence will soar.

Capricorn | Dec. 22 - Jan 20. You seem to be in a forgiving mood at the moment, but try not to give others the impression that you are going soft in your old age.

Aquarius | Jan. 21 - Feb 18. You need to accept that certain situations are too big and too complicated for you to handle on your own. Either ask for assistance or focus on things you know how to deal with.

Pisces | Feb. 19 - March 20. Life has been good to you lately. But as Uranus turns retrograde today you must prepare yourself for some kind of surprise, and it may not be a welcome one. **SALLY BROMPTON**

Caption Contest

"Finger licking good! " Darryn

THE FLORIDA TIMES-UNION, BOB MACK/THE ASSOCIATED PRESS

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